



Incorporating the Goalkeeper into a Team Session

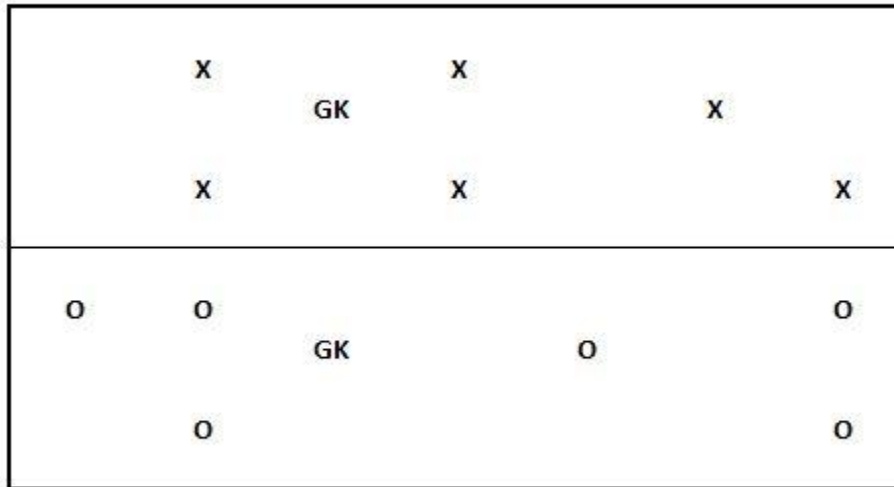
Session: by Luca Dalla Pace



GOALKEEPING

****All of these exercises utilize a 36 yard long by 40 yards wide playing area****

Warm Up



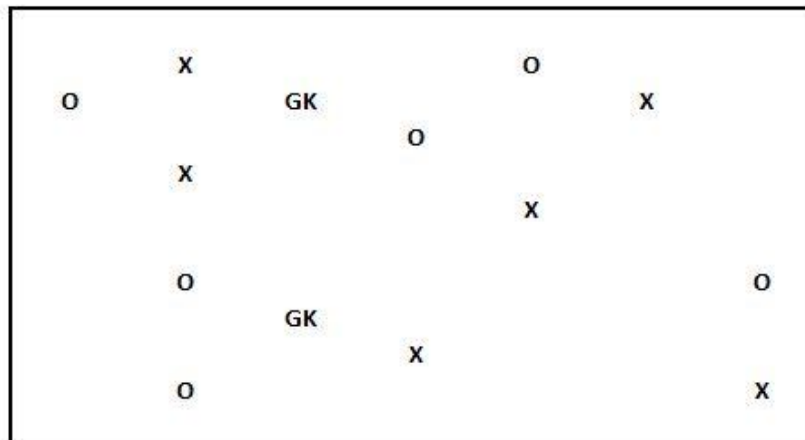
Organization-

- Field 36 yards long by 40 yards wide; center line run across the playing area.
- Players split up into two teams with a GK on each team.
- Teams playing in their own half with their own team make 4 passes then balls played into GKs hands.

Progression-

- Removing the center line in playing area for longer passing.

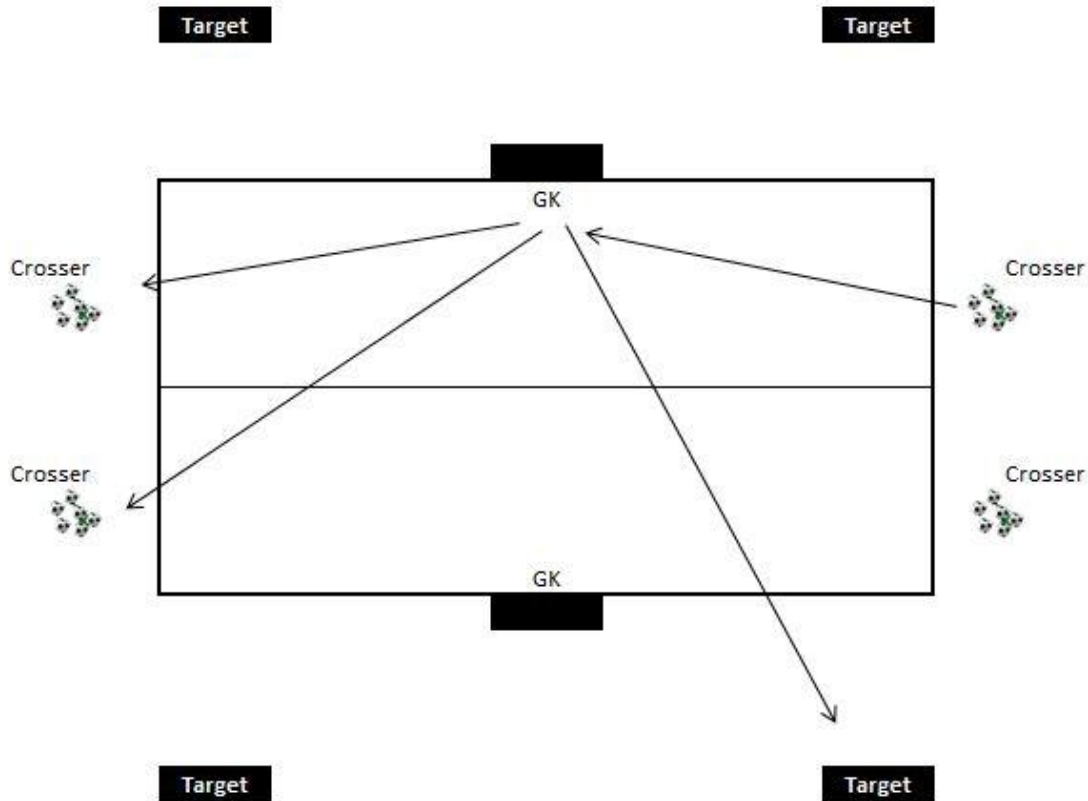
Possession Based Game



Organization-

- Field 36 yards long by 40 yards wide
- Players split up into two teams with a GK on each team.
- Teams make 4 passes then balls played into GKs hands for one point

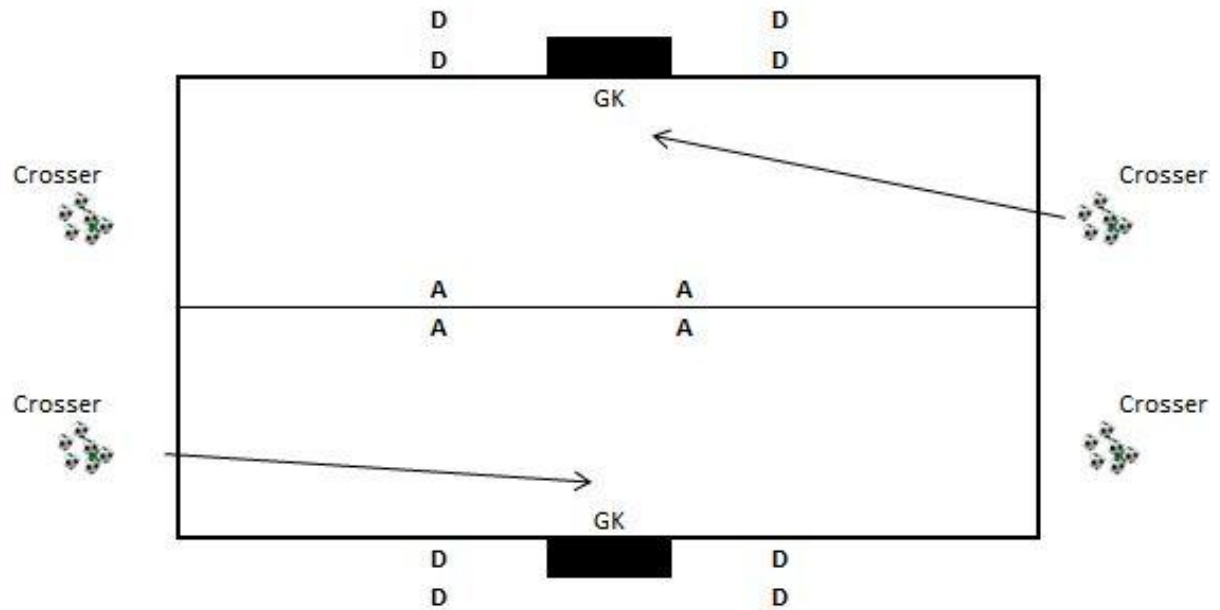
Crossing Functional (Distribution)



Organization-

- Field 36 yards long by 40 yards wide two big goals on each end of the playing area, with targets 10-15 yards behind each corner of the playing area.
- Four wingers outside the width of 18 with balls to cross balls into area.
- Balls crosses into the GKs to collect and use different distribution to find each target.
 - Switch the play short with a roll.
 - Switch play with a throw.
 - Dribble/Dive long throw into target behind playing areas.
 - Collect ball take shot on opposite GK.

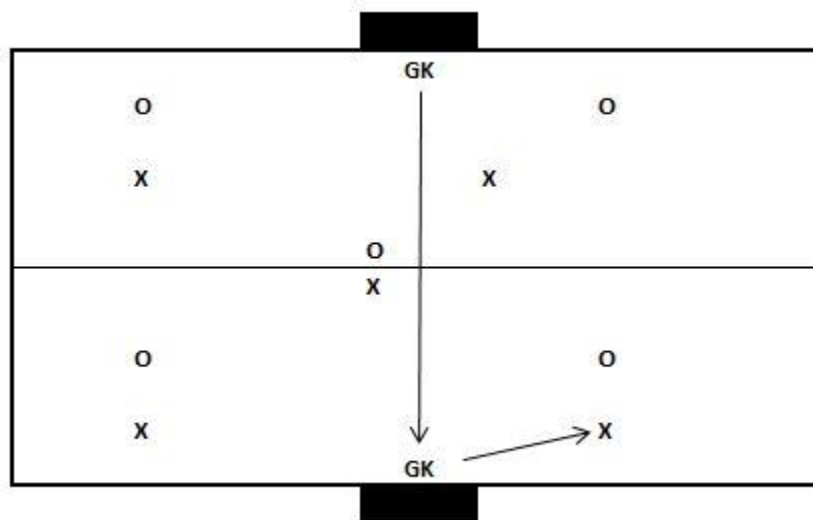
Crossing Functional (Working with Defenders and Attackers)



Organization-

- Field 36 yards long by 40 yards wide two big goals on each end of the playing area.
- Four wingers outside the width of 18 with balls to cross balls into area.
- Balls crosses into the goal area, with defenders and attackers competing for the ball, interaction of the GK and defenders is vital.

Small Sided Game



Organization-

- Field 36 yards long by 40 yards wide two big goals on each end of the playing area.
- Split teams in half (diagram shown with 5v5)
- Game is started with one GK throwing across to the other GK whom rolls it out to one of his teammates.

Progression-

- Adding bumpers on side of goals to promote more positive play.
- Adding wing players to promote flank play.
- Adding neutral to play with team in possession to have more attacks on goal.

